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In 3 Hh
Housekeepers' Chat

Tues., March 20/28

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U. S. Department of Agriculture

NOT FOR PUBLICATION

Subject: "Betty Lou Makes a Wash Frock." Prepared especially for Housekeepers' Chats by Maude Campbell, Assistant Specialist in Clothing, Bureau of Home Economics. Program includes menu, and recipe for Lemon Sponge with Custard Sauce, also from the Bureau of Home Economics.

Bulletin available: "Fitting Dresses and Blouses."

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As I reminded my friend, Maude Campbell, in the spring a young man's fancy may turn to affairs of the heart - the poet says so, and who should know, better than a poet? But a young maid's fancy, as everybody knows, turns to thoughts of colorful house dresses, cool, crisp afternoon frocks, fluffy evening gowns, and -- "Just a minute," said Miss Campbell, "till I reach the end of this seam... Now, what were you saying, Aunt Sammy?" Miss Campbell's sewing machine stopped with a whirr! and before I had a chance to tell her what I wanted she said "Oh, yes, I know Betty Lou wants to make herself a wash frock for spring. Betty Lou called me up and told me how thrilled she was over the idea and asked for help. So I have written out my suggestions, a kind of guide to young dressmakers. No, of course I don't mind," added Miss Campbell, "if you give it to your radio audience."

Without more ado I thanked Miss Campbell for letting me profit by her advice to 13-year old Betty Lou. Now, I'll read it to you.

"First of all, Betty Lou," says Miss Campbell, "have a care in choosing your pattern and materials. These are two of the secrets of a successful dress.

"You said you want a wash dress, so be sure to get a material that will wash. And choose a color becoming to you, and a fabric that is easy to make. Either cotton or linen fabrics are easy to sew on, and can be laundered indefinitely without harm if they are of good quality and color fast. Some of the best cotton fabrics for you to try are gingham, cotton print, percale, poplin, and broadcloth.

"Choose colors that are soft and harmonious, and a design which you will be happy to wear all summer. If the material is a cotton print, bands of plain material matching one of the colors in the printed fabric will be the only trimming you need. If the material is plain, it may be trimmed with collar, cuffs, and pocket bands of another plain material, or of a printed fabric which repeats the color of the dress.

"In order to tell how much material you will need to buy, measure the length of your dress from the shoulder to the hem-line, add at least 6 inches for a hem, and double this entire amount. To this add the length of the sleeves. In wide materials this extra length for sleeves may not be required. For in that case, the sleeves may be made from the same length of material from which the back of the dress is cut.

"Before buying your material, Betty Lou, find out just how wide it is, then buy the pattern, and by laying it on some imaginary material, find out how much you really need. Yes, I know its better to have too much than too little, but buying far too much is wasteful. Are you going to have time to piece quilts as your grandmother did? Remember how she spent all her last years making quilts to use up the contents of her scrapbag?

"Now, for the pattern. Choose a simple pattern in either one-piece or two-piece style. I found the one-piece dress better to start on. I am sure you can manage a pleated or gathered skirt, and a few tucks at the shoulder and across the back. Short, kimono sleeves are the easiest to make, and next to them, the raglan style. You will have no difficulty with a simple collar. A straight band sewed to the edge of the normal neck-line is the easiest sort of collar to put on, and forms the attractive pointed neck-line. Some of the dresses finished with fitted facings instead of collars are also attractive and not hard to adjust. Patch pockets are the simplest, so don't attempt any other kind on your first dress.

"Sorry I can't tell you what size pattern to buy. Your age is some guide, but the size of the pattern and the age it is designed for do not always agree. You will just have to compare your measurements with those of the pattern.

"In cutting out your dress, place the pattern straight with the material according to the markings, which will be found on every piece. If the material is folded, see to it that the fold follows the thread of the fabric. Place the pieces of the pattern close together so that there is little waste. Pin each piece of the pattern securely to the fabric. Use sharp scissors, and carefully follow the edge of the pattern when you cut. But do not cut any notches. Mark these places with chalk or a stitch of thread. Notches may cause a weak spot in the seam, unless they are made exceedingly tiny.

"If your material is easy to work with, like gingham or cotton print, it won't be absolutely necessary to baste all the seams before you stitch them, provided you pin them very carefully. Place pins at right angles to the seam edge and about three or four inches apart. If you are going to make French seams, place the wrong sides of the materials together. They will be the simplest to make and to finish. Stitch as closely to the edge as $1/8$ of an inch, and remove each pin before it reaches the needle. After this stitching is made crease or press the seam exactly on this seam line and stitch again on the wrong side, making a slightly wider seam than the first one. The hem in the botton of the skirt will look better and be easy to let down if it is put in by hand."

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That's all of Miss Campbell's advice to Betty Lou. Can't you just see the smart little wash frock that Betty Lou will soon add to her wardrobe? And she'll add even more to her self reliance. You remember Betty Lou's dinners that I've described to you. She's one of the most up-and-coming junior homemakers I know.

As I have mentioned before, Miss Campbell has written a practical bulletin on "Fitting Dresses and Blouses" which I'll be glad to send you.

R-HC 3/20/28

The menu for today is Pork and Parsnip Stew, Buttered Peas, Cabbage and Carrot Salad, and Lemon Sponge with Custard Sauce. The recipes for Pork and Parsnip Stew and Cabbage and Carrot Salad you will find in the cookbook - that is, the cookbook with the jazzy green cover. Here is the recipe for Lemon Sponge with Custard Sauce. Incidentally, this would be an excellent light dessert to serve at a spring luncheon.

Seven ingredients for the Lemon Sponge with Custard Sauce:

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| 1-1/2 tablespoons granulated gelatin | 3/4 cup sugar |
| 1/4 cup cold water | 1/2 cup strained lemon juice |
| 1 cup boiling water | 1/8 teaspoon salt |
| | 3 egg whites |

Please check the seven ingredients, for Lemon Sponge with Custard Sauce: (Repeat).

Soak the gelatin in the cold water for 5 minutes, and dissolve by adding the boiling water. Strain the gelatin into a bowl, add the sugar, salt, and lemon juice. Chill this mixture, and when it begins to set, beat for two or three minutes. Then add the well-beaten egg whites, and continue to beat until very light and foamy. The pudding may be served in individual dishes with the custard sauce. Or it may be placed in a wet mold and when firm, turned onto a dish and the soft custard poured around it. Rinse the pudding molds with cold water, turn the mixture into them, and allow it to stand in cold place for 2 or 3 hours to set. Serve with a custard sauce made with the egg yolks as follows:

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| 1 pint milk | 1/8 teaspoon salt |
| 3 egg yolks | 1/2 teaspoon vanilla |
| 1/4 cup sugar | |

(Repeat).

Heat the milk, sugar, and salt in a double boiler. Beat the egg yolks lightly, and pour slowly into them some of the heated milk. Pour back into the double boiler, and stir constantly until the custard coats the spoon. Remove at once, and place the pan in a bowl of cold water, stirring until cool. Add the vanilla.

To repeat the menu: Pork and Parsnip Stew, Buttered Peas, Cabbage and Carrot Salad, and Lemon Sponge with Custard Sauce.

